

Among Friends

October 2012

The purpose of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.

SENIOR SERVICES
COUNCIL ON AGING
1130 Main Street
Holden, MA 01520
Tel.: 508-210-5570
Trans.: 508-210-5573
Nutrition: 508-210-5578



HCOA BOARD

Rev. Dr. Jerry Heslinga, Chair
Richard Mansfield, Jr.
Albert Ferron
Susan Sullivan
Barbara Anger
Faye Ellis

SENIOR CENTER STAFF

Louise Charbonneau,
Director of Senior Services
Maureen Buffone, Senior Clerk
Paula Earley, Outreach
Cindy Smith, Outreach
Clare Nelson,
Program Coordinator
Naomi Sohlman,
Transportation Coordinator
Ernest Diesslin, Van Escort
Marjeanne Adels, Van Escort
Therese Black, Dining Manager

VAN DRIVERS

James Wells
George Warden
Lawrence Pierce
Mary Sloan

FRIENDS OFFICERS

Faye Ellis, President
Marcia Sherbourne, Vice President
Geri Sawyer, Secretary
Helen Holmes, Treasurer

TELEPHONE NUMBERS

Senior Center 508-210-5570
Director 508-210-5571
Transportation 508-210-5573
Nutrition Site 508-210-5578
& Lunch Reservations
Veterans' Agent 508-210-5529
Fax 508-829-0214

HOURS


Monday through Friday
8:00 a.m. to 4:00 p.m.

YOUR ASSISTANCE REQUESTED...

Everyone needs to save money these days...The Friends of HCOA are no exception. It would help a great deal if those of you who go away for the winter could call the Senior Center at 508-210-5570 such that we can remove you from the newsletter list for those months you are away. The newsletter is sent via bulk mail which does not get forwarded with your first class mail. Instead, they send it back to us at the first class postage rate to have it returned. As you can imagine, that works into quite a bit of money. We thank you in advance for your cooperation.



PUBLIC POWER WEEK LUNCHEON


 The Holden Municipal Light Department and the Holden Senior Center will offer their Annual Public Power Week luncheon on **Wednesday, October 10 at 12:00 noon**. The menu this year is roast beef; potato; butternut squash; rolls and butter; dessert and coffee. This home-cooked lunch is paid for by the Holden Municipal Light Department and prepared by Staff from the Senior Center and DPW and is **FOR HOLDEN ELDERS ONLY**. Reservations are **REQUIRED** and will be accepted through **Friday, October 5** or until capacity is reached by calling 508-210-5570.

PEN PAL PARTY

It's that time of year again! We will meet our Pen Pals on **Thursday, October 11 at 2:00 p.m.** at the Mayo School. Just a reminder, please do not put little "token gifts" in your letters or to the party. It is difficult when every child does not receive something. If you are **unable** to attend, please call 508-210-5570 to let us know so we can arrange for someone to sit with your pen pal.



FREE SERVICE FOR EVERYONE!!

 The Holden Professional Firefighters are providing a free monthly blood pressure clinic the first Thursday of each month at the Senior Center. Please feel free to stop by between **4:00-6:00 p.m.** on **October 4**, have your blood pressure checked and meet some of Holden's firefighters!!

BEREAVEMENT SUPPORT GROUP

Our monthly bereavement support group, facilitated by Carol Recchion, MDiv. will be held on **Tuesday, October 9 at 4:30 p.m.** Our Bereavement Support Group will provide community members the opportunity to: **Manage their loss; Understand grief and recovery; Cope with change; Express feelings; Share experiences; Receive Support and Develop new insights.** If you or someone you know has suffered a loss, please invite them to our group. **Everyone is welcome.**



The Senior Center will be closed on Monday, October 8 in celebration of Columbus Day.



UPCOMING TRIPS

Tuesday, December 4 ... "Vienna Boys Choir at Springfield Symphony Hall" The world's most beloved choir has been thrilling audiences young and old for over 500 years. Their eagerly anticipated tours play to sell out crowds nationwide. The Vienna Boys' Choir is a choir of long-standing tradition; and is one of the oldest boys' choirs existing in the world. For nearly five hundred years they have been a symbol of Austria. Don't miss the opportunity to experience their one-of-a-kind holiday program featuring classic and contemporary Christmas favorites. Before the show we will enjoy a wonderful lunch at Chez Josef. Menu includes choice of: Roast Center Loin Pork or Stuffed Filet of Sole served with salad, potatoes and fresh vegetables, dessert and coffee. Cost of this trip will be \$88.00 which will include the Reserved Red Seating, Luncheon, Motor Coach Transportation and all Gratuities. You will depart Holden at 10:00 a.m. and return at approximately 4:45 p.m.

TOMMY DORSEY ~ AN OLD FAVORITE



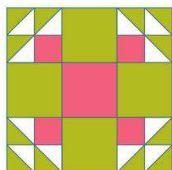
Dick Partridge, long associated with the broadcast industry, was a radio personality for many years on WNEW in New York, WCAT in Orange, MA and host of the TV show "Dialing for Dollars." He will present a program on the Tommy Dorsey Orchestra, a favorite during the big band era. The stories and music of this time still bring back wonderful memories. Join us on **Wednesday, October 24** at **1:00 p.m.** The program is free and open to all. Please reserve a seat by calling 508-210-5570.

PRESCRIPTION DRUGS: KEEPING CONTROL OF YOUR MEDICATIONS AND COST OF PRESCRIPTIONS

Attorney Arthur Bergeron and a pharmacist from the Mass. College of Pharmacy will talk about prescriptions; how to keep them up-to-date; drug interactions and side effects; whether to consider generic or other substitutes; as well as who pays for what. Join us for this very informative program on **Monday, October 29** at **10:00 a.m.** Please call **508-210-5570** if you plan to attend. Refreshments will be provided.



HISTORY OF SAMPLERS



The Holden Senior Center will host a program on samplers on **Monday, October 15** at **1:00 p.m.** Guest speaker Holly Izard, from the Worcester Historical Museum, will talk about the history of samplers and will bring examples from the museum's collection. Audience members are invited to bring any samplers to show. There will be time for questions and answers following the program and refreshments will be served. Please call 508-210-5570 to reserve a seat.

VETERANS MEETING

Our veterans group will meet on **Friday, October 26** at **10:30 a.m.** They will welcome Lt. Commander Chris Gale, Law Enforcement Analyst at the U. S. Coast Guard Headquarters in Washington, D.C. He will talk about Active Coast Guard Duties and Current World Tensions; Training, Assignments and Sea Duty and Security Issues and Responsibilities. All veterans and guests are welcome.



BOOK DISCUSSION GROUP



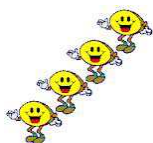
This month's book is **Cleopatra: A Life** by Stacy Schiff. Her palace shimmered with onyx and gold but was richer still in political and sexual intrigue. Above all else, Cleopatra was a shrewd strategist and an ingenious negotiator. She was married twice, each time to a brother. She waged a brutal civil war against the first and poisoned the second; incest and assassination were family specialties. She had children by Julius Caesar and Mark Antony, two of the most prominent Romans of the day. With Antony she would attempt to forge a new empire, in an alliance that spelled both their ends. Famous long before she was notorious, Cleopatra has gone down in history for all the wrong reasons. Her supple personality and the drama of her circumstances have been lost. In a masterly return to the classical sources, Stacy Schiff boldly separates fact from fiction to rescue the magnetic queen whose death ushered in a new world order. The group will meet on **Thursday, October 11** at **10:00 a.m.**

SHINE COUNSELOR
Friday, October 5 and 19
BY APPOINTMENT ONLY



FLU SHOT CLINIC

The Holden Senior Center will hold a flu shot clinic on **Tuesday, October 23** from **9:00 a.m. until 12:00 p.m.** ***Please remember to bring your insurance cards.***



LINE DANCING RETURNS...

Line dancing classes will resume on Thursday, October 4 at 1:00 p.m. Classes are taught by dance instructor Cheryl Volpe and are open to all levels. Cost is \$4.00 per class. Please call 508-210-5570 with any questions.

FROM THE FRIENDS...

To all of our Friends ~ WE NEED YOU!! Our Annual Best of Friends Fair, being held on Saturday, November 3rd, can only be successful with your help. With raffles, bake table, dining room, and crafts, there are opportunities for everyone! Do you have an hour or two to help in one of these areas? If you could share your time and talent on this day, please stop in at the Senior Center and sign up for a time or call Fay Ellis at 508-829-6854. Come be a part of the fun and the fair! Thank you!



MEDICARE OPEN ENROLLMENT AND UPDATE MEETING

Medicare Open Enrollment is October 15 - December 7

It's that time of year again! If you have Medicare, sometime during the month of September you should have received important information from your Prescription Drug Plan, your Medicare health Plan, and/or Prescription Advantage (if you are a member). You need to read these letters carefully to understand the information they contain. You should ask a family member or trusted friend to help you if you do not understand.



DO NOT IGNORE ANY LETTERS FROM YOUR PLANS!

SAVE ALL LETTERS FROM YOUR PLANS!

The annual Medicare Open Enrollment (October 15-December 7), is the **ONLY** chance you have to **CHANGE** your coverage for next year. State-certified SHINE (Medicare) Counselors can help you understand your plan changes, as well as other options you may have. Make your SHINE appointment early. During the month of October our Regional Office will be conducting **informational sessions** throughout Worcester County. **Holden** will host one of these meetings on **Friday, October 26 at 10:00 a.m.** Other locations holding sessions are Pepperell, Groton, Shirley, Winchendon, West Brookfield, Sturbridge, Hopedale, Medway, Auburn, Uxbridge, Templeton, Northbridge and Barre. Call 508-210-5570 for dates and time of meetings in other towns.
























DO NOT WAIT UNTIL IT'S TOO LATE!

You can now access the monthly SHINE chat line, sponsored by the Central Massachusetts Agency on Aging, on the second Tuesday of each month. To attend the SHINE Session, go to **www.SeniorConnection.org** and click on the Connection for Caregiver button. Create a user-name and password, log in and click on SHINE.



OCTOBER 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Beef Stroganoff 1:00 Quilting 1:00 Friends' Meeting 	2 9:30 Needlework 10:30 Low Impact Exercise 12:00 Senior Lunch Honey Baked Chicken 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	3 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch Lasagna 1:00 Pitch Party 	4 8:00 HCOA Board Mtg. 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Bacon & Cheddar Omelet 12:30 Movie " Invincible " 1:00 Bridge 1:00 Line Dancing 4-6:00 HPFF Blood Pressure Clinic 	5 SHINE By Appt. Only 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Salmon Boat 1:00 Cribbage 
8 Columbus Day Holiday  Senior Center Closed	9  9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Rosemary Pork 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 4:30 Bereavement Support Group 	10 8-4:00 Billiards 10:00 Angel Walkers 12:00 PUBLIC POWER LUNCH—BY RESERVATION ONLY 1:00 Pitch Party 	11 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:00 Book Discussion Group 12:00 Senior Lunch Beef w/Jardiniere Sauce 12:30 Movie " The Tillman Story " 1:00 Bridge 1:00 Line Dancing 2:00 Pen Pal Party	12 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Chicken Fricassee 1:00 Cribbage 
15 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Potato Crunch Fish 1:00 Quilting 1:00 History of Samplers 	16 8-4:00 Billiards 9:30 Needlework 10:30 Low Impact Exercise 12:00 Senior Lunch Hot Dog on Bun 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	17 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch Hearty Beef Stew 1:00 Pitch Party 	18 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Sweet n' Sour Chicken 12:30 Movie " One for the Money " 1:00 Bridge 1:00 Line Dancing	19 SHINE By Appt. Only 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Salisbury Steak w/Onion Gravy 1:00 Cribbage 
22 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Veal Bourguignon 1:00 Quilting 	23  8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Chicken Murphy 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	24 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch Crumb Topped Fish 1:00 Pitch Party 1:00 Dick Partridge 	25 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Meatloaf & Gravy 12:30 Movie " With Six You Get Egg Roll " 1:00 Bridge 1:00 Line Dancing	26 8-4:00 Billiards 10:00 Poker 10:00 Medicare Info Session 10:30 Veterans' Meeting 12:00 Senior Lunch Yankee Chicken Pie 1:00 Cribbage 
29 8-4:00 Billiards 10:00 Crafts 10:00 Legal Clinic 12:00 Senior Lunch Chicken Chow Mein 1:00 Quilting 	30 8-4:00 Billiards 9:30 Needlework 10:30 Low Impact Exercise 12:00 Senior Lunch Macaroni & Cheese 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	31 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch Swedish Meatballs 1:00 Pitch Party 	LINE DANCING RETURNS Thursday, October 4 at 1:00 p.m. 	MENU & MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE

COMING IN NOVEMBER...

Sat., Nov. 3 ~ Best of Friends Craft Fair

Tues., Nov 13 ~ Greendale Men's Orchestra

Wed., Nov. 14 ~ Legal Clinic

Mon., Nov. 26 ~ "Music is Love"

Wed., Nov. 28 ~ Greendale Men's Chorus

FRIENDS OF HCOA

I WOULD LIKE TO:

- ☐ Renew My Membership
☐ Become a New Member

Enclosed is my \$5.00 Donation
Please Send My Membership Card To:

Name: _____

Address: _____

Telephone Number: _____

You can stop by the Senior Center to join or mail your membership to: Holden Senior Center, 1130 Main Street Holden, MA 01520.

OCTOBER MOVIES

Thurs., Oct. 4 ... "Invincible" Devoted Philadelphia Eagles fan Vince Papale has just lost his wife and his job as a substitute teacher. But by impressing his favorite NFL team's coach in open tryouts and winning a place on the field, he turns a terrible year into a winner. Mark Wahlberg and Greg Kinnear star. *PG ~ 104 minutes*

Thurs., Oct. 11 ... "The Tillman Story" Pat Tillman's family comes forward to tell the real story about what happened on April 22, 2004, in Afghanistan when the pro football player-turned-U.S. soldier was killed by friendly fire and not the Taliban, as first reported. Amir Bar-Lev's documentary pieces together the Tillmans' search for the truth, how they exposed a military cover-up that led to top-ranking officers and called to the carpet the likes of Donald Rumsfeld. *R (language) ~ 95 minutes*

Thurs., Oct. 18 ... "One for the Money" Janet Evanovich's spunky heroine, Stephanie Plum, is adrift after getting a divorce and losing her job. To make ends meet, she becomes a bounty hunter, with her first big case revolving around a high school boyfriend who may be falsely accused. Katherine Heigl stars ~ *PG-13 91 min.*

Thurs., Oct. 25 ... "With Six You Get Egg Roll" Widow Abby McClure (Doris Day) manages lumberjacks by day and looks after her three sons by night. One day, she meets nice-guy Jake Iverson (Brian Keith), a widower with a daughter. They fall in love, get married and try to blend their two families into one functioning unit. Howard Morris directs this family comedy co-starring Barbara Hershey, George Carlin, Alice Ghostley, Jamie Farr and Pat Carroll. *Rated G ~ 95 minutes*

A REMINDER....



That the "slashed" areas in the parking lot are for **EMERGENCY VEHICLES ONLY** and not for parking while attending or conducting business at the Senior Center. The police department will be taking notice. Your cooperation in keeping these areas clear is greatly appreciated.



Distribution of this newsletter is made possible, in part, by a grant from the Massachusetts Executive Office of Elder Affairs and the Friends of HCOA

Return Service Requested

Presorted Standard
U.S. Postage
PAID
Holden, MA
Permit No. 34

Friends of the Holden COA
Holden Senior Center
1130 Main Street
Holden, MA 01520